

Improper Dilution of Formula (AK 49-USDA 415)

Explain to Participant	<p>You're enrolled in the WIC program today because you are mixing your infant formula incorrectly. Incorrect mixing of formula can make your baby sick or it might keep your baby from growing. If you don't use enough powder or liquid formula in the bottle, the baby will not get all the nutrients she needs to grow. She will also get too much water for her small body. If you use too much liquid or powder formula in the bottle, it could hurt the baby's kidneys or brain.</p>	
Goal	<p>The goal is to assure that the client understands how to dilute concentrated formula correctly. The client should also understand the risk of feeding improperly diluted formula to an infant.</p>	
Suggestions for Reducing Risk	<p>Follow the health care provider's instructions (occasionally, a premature infant needs extra calories and the mother may have been told to prepare the formula in a way that will provide these extra calories). Follow the formula manufacturer's directions for preparing and diluting formula. The manufacturers instructions will be printed on the formula can label. Be sure to use the scoop that comes with your brand of powdered formula. Do not use a scoop that is included with any other type of formula. Powdered formula is prepared using 1 scoop of powder with 2 ounces of clean water. Liquid concentrated formula should be diluted using equal amounts of clean water and concentrated formula. To get adequate nutrients, most infants should consume between 24 and 36 ounces of properly diluted formula per day. Explain the nutrition education material suggested.</p>	
Nutrition Education Material Suggested	<p>How to Prepare Infant Formula</p>	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
	WIC Juice	Vitamin C
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	<p>Use sample cans of formula or formula labels to instruct the client and to show her where to find instructions.</p>	